**SQUASH MUFFINS**

* 2½ cups sifted flour
* ½ teaspoon baking soda
* 1/4 teaspoon salt
* 1 cup sweet milk
* 1½ teaspoon baking powder
* 1 cup squash
* 1 teaspoon cream of tartar
* 1 tablespoon melted butter
* ½ cup sugar
* 3 mixing bowls

1. First, preheat the oven to 400 degrees
2. Then, line 1-2 muffin pans with paper muffin liners.
3. At the same time, sift flour, salt, cream of tartar and baking powder into a bowl.
4. Next, add the soda to the milk in a separate bowl.
5. Mix squash, butter and sugar in extra bowl.
6. After that, add the milk and soda mixture to the bowl that contains the squash, butter, and sugar.
7. Then, mix well.
8. Finally, add the flour all at once and stir just until dampened.
9. Turn the mixture into the muffin liners and bake for 20 minutes.
10. Best served with fresh Jam

*From Native Americans, Colonists learned to plant squash to counteract the debilitating effect of growing corn year after year in the same field. The words pumpkin and squash were used interchangeably. Although winter squash are the ones we hear about, summer squash were also popular and provided a welcomed addition to their diet. Unlike the winter variety summer squash could not be stored for long periods but it's yield was so abundant it was also used as feed for cattle and other livestock.*